

There will be no meat to the issue this Saturday

The Canadian Champion, Wednesday, May 8, 1996—8

By **KAREN SMITH**
The Champion

Seasoned vegetarians, along with those considering a meat-free diet, will gather at Halton's first vegetarian fair this Saturday (May 11).

Hundreds of people are expected to be on hand for displays, presentations, food and cooking demonstrations — all related to a vegetarian lifestyle.

Milton Memorial Arena will be the home of the Good Food, Good Health Fair, hosted by the 150-member Halton Vegetarian Association.

The organization's president, Kari Galasso, said she's hoping 300 to 400 people will attend the fair, the first major gathering of vegetarians in the region.

"I'm hoping people will leave with knowledge of vegetarianism — an understanding of how healthy it can be," said Ms Galasso, who formed the Halton Vegetarian Association four years ago.

A vegetarian diet eliminates every form of animal flesh. Vegetarians live on a diet free of meat, fish and fowl with or without the addition of eggs or dairy products.

A vegan (total vegetarian) consumes no animal products whatsoever, including eggs and dairy foods.

People become vegetarians with the idea of leading a healthier lifestyle, as well as out of concern for the well-being of animals and a cleaner environment, said Halton Vegetarian Association member Pauline Stuckey.

"On average, vegetarians live six years longer than non-vegetarians," she said. "A proper vegetarian diet provides a great deal more nutrition than meat."

An increasing number of Canadians are becoming vegetarians, Ms Galasso said, noting at least one vegetarian lives in 7 per cent of Canadian households.

The Good Food, Good Health Fair has been modelled after the Toronto Vegetarian Association's annual fair at the city's Harbourfront, which attracts 10,000 people per year, she said.

A cooking demonstration with Lew King, co-owner of the health food store Alternatives, will start off the activities at 11:10 a.m.

Next at 11:35 a.m. will be a presentation by

Kevin Pickard, the Toronto Vegetarian Association president, titled "Why Choose Vegetariansim."

Cooking demonstrations will follow at 12:20 and 1:35 p.m. and registered dietician Bonnie Kumer will speak on "Teenage Vegetariansim" at 12:45 p.m.

The last presentation will feature Lisa Doran, a fourth-year naturopathy student, who will discuss "Boosting Your Immune System" at 2 p.m.

Vegetarian fare catered by Mollie's Kitchen in Burlington and Paradise Natural Foods in Milton will be available for purchase.

The fair will run from 11 a.m. to 3 p.m. Admission to the event costs \$2, however there is no charge for members of the Halton and Toronto vegetarian associations.

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